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Review Article

CHUNTAIVATRAL CHOORANAM (POLYHERBAL FORMULATION) IN SIDDHA MEDICINE-A LITERATURE REVIEW

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ABSTRACT

Chuntaivatral Chooranam is a polyherbal preparation which is used in the treatment of various diseases such as diarrhea, dysentery, indigestion, and haemorrhoids. This *Chooranam* is mentioned in *Siddha Vaitya Thirattu* and is prepared with 7 ingredients. This review study is focused to develop scientific documentary evidence for medicinal ingredients of *Chuntaivatral Chooranam.* This study presents an organized compilation and analysis of data sourced from traditional Siddha Medicine textbooks and research publications on website. The data drawn from variety of ancient and contemporary texts were systematically collected and categorized from Oct to Nov 2024. Collected data were processed and analyzed by using MS Excel spreadsheets. All ingredients of *Chuntaivatral Chooranam* are herbs, which are from 7 different families. According to the data, parts used in the plants are 7 different sources as dried fruit, leaf, dried pericarp, kernel, fruit rind, fruit, and seed; each of them represents 14.28%. Out of 7 ingredients 42.85% has astringent taste, 57.14% with cold potency and 85.71% with pungent efficacy. Based on phytochemical analysis among the ingredients; 100% of the ingredients constitute flavonoids, tannin, phenol, saponin, volatile oil, alkaloid, and ascorbic acid, while 42.85% of them are carbohydrates and protein (42.85%). All the ingredients show astringent, antimicrobial and antioxidant activity, 85.71% of them exhibit anti-diarrheal while 57.14% shows stomachic, anthelmintic and anti-diabetic activity each. Therefore, this review provides useful documentation of *Chuntaivatral Chooranam*. However further scientific studies should be performed in future regarding chemical and toxicity analysis.

INTRODUCTION

Siddha medicine is an ancient traditional healing system which is based on the principles laid out by Siddhas, the ancient Tamil sages who believed that the human body is a microcosm of the universe, composed of same elements as the cosmos. This system integrates not only physical but also psychological, spiritual, environmental dimensions of health, aiming to achieve a balance that harmonizes the body, mind, and spirit.

The fundamental principle of Siddha Medicine revolves around the concept of the three humors also known as *Tridoshas; Vatha, Pitta* and *Kapha*. According to Siddha philosophy the universe including the human body is made up of 5 primary elements *(Pancha Boothas);* Earth *(Prithvi),* Water *(Appu),* Fire *(Thee),* Air *(Vaayu)* and Space *(Akash)*. Each of the three humors is a combination of the five elements. Similarly taste *(Rasa)* plays a crucial role in maintaining or disturbing the balance of humors. Each taste is also composed of *Pancha Boothas* and has a direct impact on three humors, hence play a role in occurrence of the disease. Alteration in taste *(Rasa)* can modify the *Pancha Boothas* constituents in body.

Based on application, in Siddha medicine there are 32 internal and 32 external medicines. They are prepared by using herbs, minerals, and animal products. *Chooranam* is a mixture of powdered ingredients in which the dried ingredients are taken separately according to quantity and purified if needed and made into powder by grinding and sieving. It is a type of internal machine which is administered through potent vehicle or adjuvant.

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Chuntaivatral Chooranam is an effective polyherbal internal medicine which treats various diseases such as diarrhea *(Kalichal),* dysentery *(Adhisaaram),* indigestion *(Mantham/Seriyaamai)* and hemorrhoids *(Moolam).* This *Chooranam* is mentioned in *Siddha Vaitya Thirattu* and prepared with 7 herbal ingredients each of them from 7 different parts of plants.

AIM AND OBJECTIVE

To develop scientific documentary evidence for the medicinal ingredients which are used to prepare the *Chuntaivatral Chooranam.*

MATERIALS AND METHODS

Study Design

It is a literature review related study.

Place and Duration of the Study

Libraries of Faculty of Siddha Medicine and University of Jaffna from Oct to Nov 2024.

Data Collection

This is a literature view related study. Data for this study were collected from related traditional textbooks, classical Siddha literatures and research publications on website. Data entry tables were tabulated along with the ingredients and their scientific and vernacular names, families, parts used, taste, potency, efficacy, phytochemical constituents and pharmacological actions of the ingredients.

Statistical Analysis

Collected data were processed and analyzed by using MS Excel spreadsheets. Data entry tables and charts are prepared.

RESULTS AND DISCUSSION

Medicinal ingredients of *Chuntaivatral Chooranam* and their Families.

Scientific and vernacular names of plants are helpful in identifying different species. Although the plants are named according to the places, the scientific name stands for specificity all over the world and accepted in scientific literatures. It is established by the 'International Code of Botanical Nomenclature'. All 7 medicinal ingredients of this preparation are herbs which are from 7 different Families of Kingdom *Plantae.*

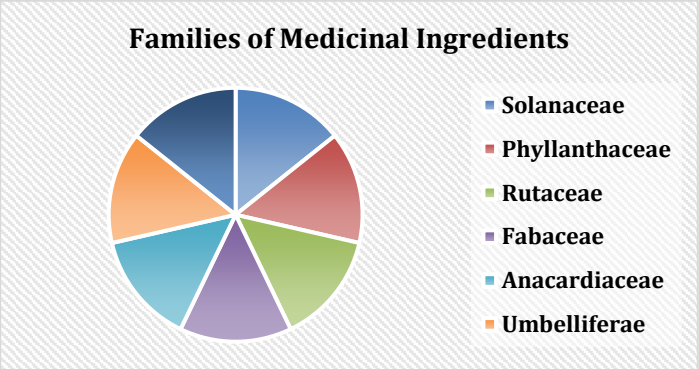

Fig 1: Families of Medicinal Ingredients

Scientific and Selected vernacular Names of the Medicinal Ingredients

Table 1: Family of the medicinal ingredients of *Chuntaivatral Chooranam* along with their scientific and vernacular names

No	Botanical Name	Tamil Name	English Name	*Sinhala* Name	Sanskrit name	Family name
1	*Solanum erianthum*	*Chuntaivatral*	Velvet night shade	*Hekarilla*	*Gandira*	Solanaceae
2	*Phyllanthus emblica*	*Nellimulli*	Indian gooseberry	*Nelli*	*Amala*	Phyllanthaceae
3	*Carum copticum*	*Omum*	Omum seeds	*Yamani*	*Yamani*	Umbelliferae
4	*Murraya koenigii*	*Kariveppilai*	Curry leaf tree	*Karapincha*	*Surabhinimba*	Rutaceae
5	*Mangifera indica*	*Maamparuppu*	Mango	*Amba*	*Amra*	Anacardiaceae
6	*Punica granatum*	*Matulaipazhathol*	Apple of Grenada	*Delum*	*Dadima*	Punicaceae
7	*Trigonella foenum graecum*	*Venthayam*	Fenugreek	*Uluhaal*	*Methika*	Fabaceae

Parts of plants used in *Chuntaivatral Chooranam*

Table 2: Parts used along with medicinal ingredients

Medicinal Ingredients	Parts used
Solanum erianthum	Dried fruit
Phyllanthus emblica	Dried pericarp
Carum copticum	Fruit

Murraya koenigii	Leaf
Mangifera indica	Kernel
Punica granatum	Fruit rind
Trigonella foenum graecum	Seed

According to the review the medicinal ingredients of *Chuntaivatral Chooranam* are obtained from different sources of plants such as dried fruit, leaf, dried pericarp, kernel, fruit rind, fruit and seed each of them represents 14.28%.

Organoleptic characters of the medicinal ingredients in *Chuntaivatral Chooranam*

Based on this study, out of 7 ingredients 42.85% possess astringent taste, 28.57% shows pungent taste while 28.57% shows bitter taste. 57.14% shows cold potency and 42.85% shows hot potency. 85.71% shows pungent efficacy and 14.28% with sweet efficacy. A drug for the treatment of disease is based on the *Tridoshas* and *Pancha Boothas*. Astringent taste is formed by the combination of Earth (*Prithvi*) and Air (*Vaayu).* The astringent taste controls the extreme mobility and the cold potency balances the deranged *Agni.*

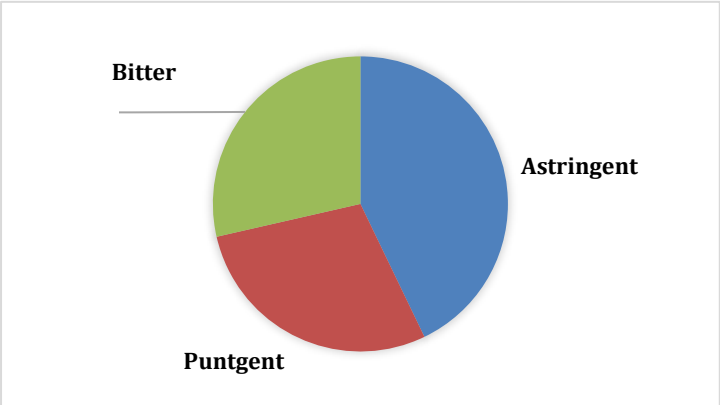

Fig 3.2: Taste of Medicinal Ingredients

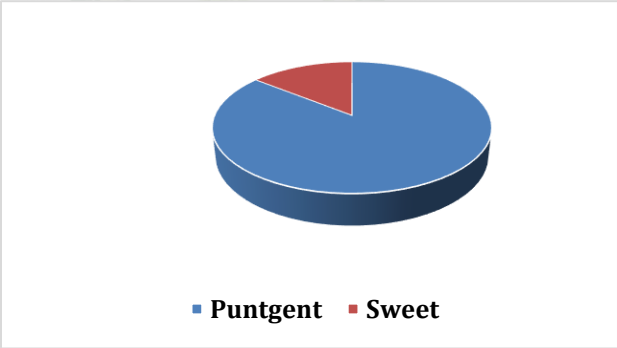

Fig 3.3: Potency of Medicinal Ingredients

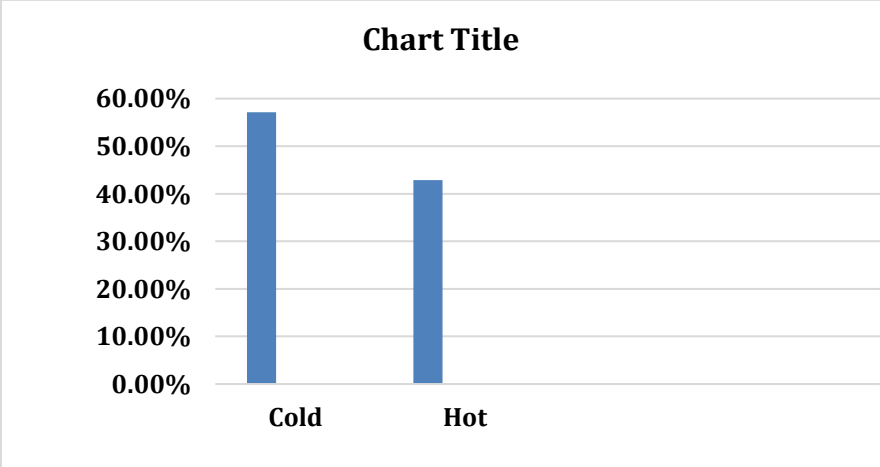

Fig 3.4: Efficacy of Medicinal Ingredients

Phytochemicals found in the medicinal ingredients of the *Chuntaivatral Chooranam*

Table 3: Phytochemicals found in Relevant Medicinal Ingredients

	Medicinal ingredients of *Chuntaivatral Chooranam*						
	Solanum erianthum	***Phyllanthus emblica***	***Carum copticum***	***Murraya koenigii***	***Mangifera indica***	***Punica granatum***	***Trigonella foenum graecum***
Tannins	+	+	+	+	+	+	+
Alkaloids	+	+	+	+	+	+	+
Phenol	+	+	+	+	+	+	+
Saponin	+	+	+	+	+	+	+
Volatile oil	+	+	+	+	+	+	+
Ascorbic acid	+	+	+	+	+	+	+
Protein					+	+	+
Carbohydrates			+		+		+
Flavanoids	+	+	+	+	+	+	+

Phytochemicals in herbs are naturally found compounds that contribute to their medicinal properties, offering a range of potential health benefits. On the basis of this study 100% of the ingredients constitute flavonoids, tannin, phenol, saponin, volatile oil, alkaloid, and ascorbic acid, while 42.85% of them are carbohydrates and protein (42.85%). Tannin and flavonoids are efficient in performing antidiarrheal activity while alkaloids and saponins are helpful to reduce the inflammation. Ascorbic acid and flavonoids exhibit antioxidant activity.

Pharmacological Actions of Ingredients

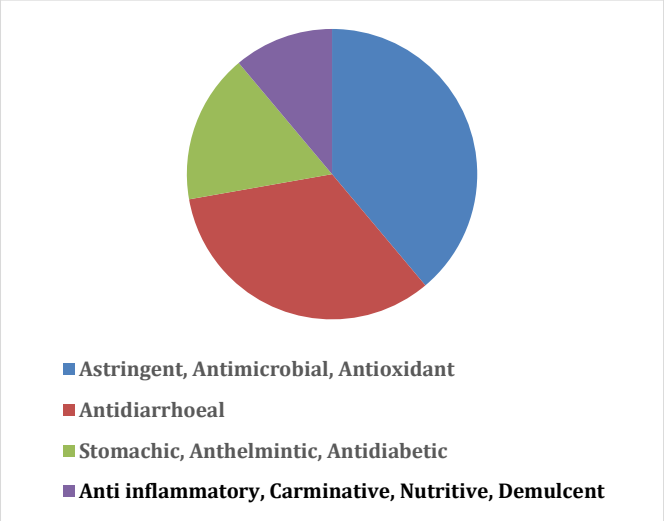

Fig 3.5. Pharmacological Actions of Medicinal Ingredients

According to this review, all the ingredients show astringent, antimicrobial and antioxidant activities, and 85.71% of them exhibit antidiarrheal while 57.14% shows stomachic, anthelmintic and anti-diabetic activity. 42.85% of them shows anti-inflammatory, carminative, nutritive, demulcent and diuretic activity and 28.57% shows expectorant activity. Antidiarrheal herbs work by slowing down intestinal motility, increasing water absorption and reducing the secretion of fluids in the intestine. While astringents work by contracting the tissues and reducing the secretion forming protective layer over mucous membrane.

CONCLUSION

In conclusion, *Chuntaivatral Chooranam* is a polyherbal internal preparation which is used to treat diseases such as diarrhea, dysentery, indigestion and hemorrhoids. It is prepared with seven different parts of seven effective medicinal herbs from different Families of Kingdom *Plantae*. In summary of this review, most of the ingredients show astringent taste, cold potency and pungent efficacy as their organoleptic characters. Tannins, alkaloids, phenol, saponin. volatile oil and ascorbic acid are extensively found in all the ingredients of *Chuntaivatral Chooranam.* Therefore, this review provides useful documentary evidence for the medicinal ingredients used to prepare *Chuntaivatral Chooranam*.

However, further extensive scientific studies related to elemental analysis, quantitative and qualitative analysis of phytochemicals and toxicity should be performed in advance.

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